

Cumberland County Cardiovascular Disease

February 2002

Definition

- Cardiovascular disease refers to a variety of diseases and conditions affecting the heart and blood vessels, primarily high blood pressure, heart disease, and stroke.

Some Facts

- Cardiovascular disease is Maine's leading killer of both men and women.
- Each year more women than men die of cardiovascular disease, but men die at a younger age.
- In 1999, 3,474 people in Maine died of heart disease and 870 died of stroke.
- **The cardiovascular disease death rate in Cumberland County is 290/100,000 (compared to the state rate of 323/100,000 for 1999), which is statistically significantly lower than the state rate.**
- **In 1999, Cumberland County had 833 deaths due to cardiovascular disease; 369 for men and 464 for women.**
- Approximately 29,000 hospitalizations occur in Maine each year due to cardiovascular disease.
- **There were 5,180 hospitalizations for cardiovascular disease in Cumberland County for 2000.**

Cost Burden

- The total Maine hospital charges for cardiovascular disease in 2000 was \$437 million. Medicare or Medicaid payments covered 75% of those charges.
- Cardiovascular disease accounts for 26% of all hospital charges.
- **The total 2000 hospital charges for cardiovascular disease for residents of Cumberland County was \$85 million.**

Maine Department of Human Services, Bureau of Health, Division of Community Health Cardiovascular Disease defined as ICD-9 codes 390-459 for hospital charges data and ICD-10 codes I00-I78 and I80-I99 for mortality data. Mortality rate adjusted to U.S. 2000 standard. When comparing to prior mortality statistics, note age adjustment to U.S. 2000 standard and change to ICD-10 codes. A p-value of 0.01 was used to determine statistical significance as only one year of data used.



Maine Cardiovascular Health Program
Bureau of Health, Department of Human Services

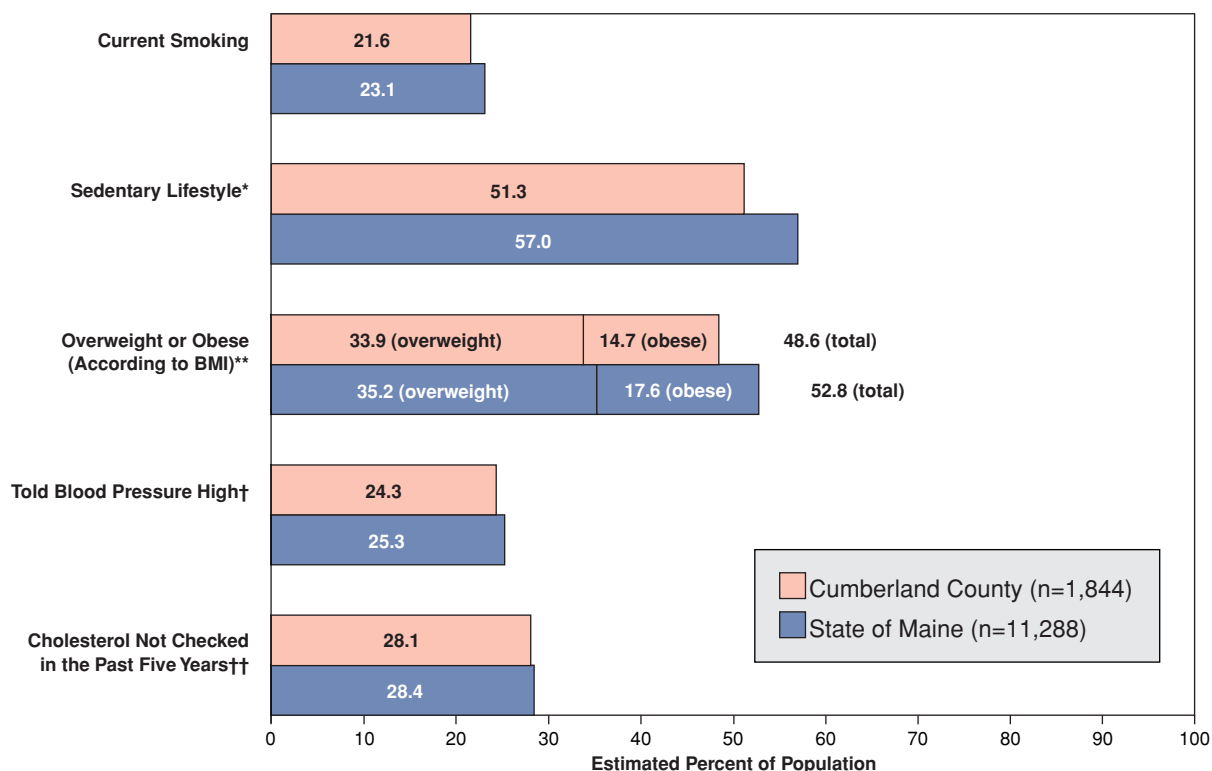
Selected Risk Factors for Chronic Diseases Cumberland County

**Source: Maine BRFSS
1996-2000**

A limited number of health-related behaviors contribute markedly to chronic diseases including cardiovascular disease, cancer, chronic respiratory disease, and diabetes:

- Tobacco use
- Lack of physical activity
- Overweight and obesity

All risk factors for Cumberland County are statistically similar to the State of Maine, except for the percent obese and percent at risk for sedentary lifestyle which are lower in Cumberland County.



*Leisure time physical activity of less than 20 minutes per day or less than 3 times per week. Data not available for 1997 or 1999.

**Body mass index is 25.0 to 29.9 for overweight and greater than or equal to 30.0 for obese.

†Ever told by health care provider blood pressure high. Data not available for 1998.

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Healthy Maine Partnerships

Maine Cardiovascular Health Program
 Bureau of Health, Department of Human Services